

## Class officers elected; V.P. elections next week

The Class Presidents for the upcoming year are incoming senior Beth Perrin, incoming junior Julia Kessenich and incoming sophomore Tracy Williams.

Perrin was treasurer of CSA, a peer counselor and in the Clarke-Loras singers.

Cathy Senn is Senior class secretary. Senn has been a tuckpointer and active in the art department.

Senior class treasurer is Mary Ann Heck. Heck has been R.A.P. representative to the executive council, freshman class treasurer, S.I.S.E.A. treasurer and active in several activities through R.A.P.

Jackie Reding will be Social Board chairman for the Senior class. Reding was Social Board chairman for the Junior class this year.

The other officers are Lisa Freese, Educational Policy; Anna Stefaniak, Cultural Events Representative, and Vickie Rohlf, Phoenix Representative.

Incoming Junior class president Julia Kessenich was Freshman and Sophomore class treasurer and a tuckpointer.

"Since I had been a treasurer I wanted to step up and take more responsibility as a class leader," said Kessenich.

Junior class secretary will be Margaret Rom. Rom has played volleyball for Clarke and participated in the intramural sports and the Biology Club.

Junior class treasurer will be Ellen Sterk.

Sterk played basketball for Clarke as a freshman and has participated in softball for two years.

Pam Sessa will be the Social Board chairman for the Junior class. Sessa has participated in Baker's Dozen, the Clarke-Loras Singers, S.V.D.P. Vice-President, and a wing president.

The other officers are Pauline Creighton, Educational Policy; Tracy Badura, Cultural Events Representative; Janice Smithers, R.A.P. Representative, and Jane Schissel, Phoenix Representative.

Tracy Williams will be the Sophomore class president. Williams was Freshman class secretary and then when the class treasurer did not return second semester, she assumed those responsibilities as well.

Eileen Hennessey will be the Sophomore class secretary. Hennessey has worked for the Courier and played in intramurals.

Sophomore class treasurer will be Mary Jo Jacobs. Jacobs was involved with the Math contest at Clarke and the Freshman thank you.

Mark Hessel will be the Sophomore class Social Board chairman. Hessel has participated in CAJE, the Clarke-Loras Singers and most of the intramurals.

The other officers are Heidi Arzbaecher, Cultural Events Representative; Roxanne Janssen, R.A.P. Representative and Sue Becker, Phoenix Representative.



Beth Perrin, 1981-82 Senior class president.



Julie Kessenich, 1981-82 Junior class president.



Tracy Williams, 1981-82 Sophomore class president.

## College Week thrives on Clarke traditions

"College Week is primarily for the Seniors," said Sister Diana Malone, Director of Student Activities. During this time they reflect on their four years and events designed to help them remember are presented."

College Week will start on April 26 with an All-School Mass to install the new CSA officers and class officers. That afternoon the new officers will meet and prepare next year's calendar.

Tree planting is on Tuesday, Apr. 28. The Seniors will buy a tree, give it a name and decide where to plant it. At this ceremony the Seniors from each department will present a skit or song on what it is like to be a member of that department.

"The main idea is that while the Seniors are leaving and the tree will remain behind," said Malone. The classes also have a group that gives presentations to the Seniors acknowledging their activities and influence.

The Tree Planting is followed by an All-School picnic. The picnic, depending on the weather, usually includes games and compe-

titions and ends with an All-School Water Fight with the Seniors against the underclassmen.

CSA will be sponsoring a party the Saturday before College Week starts. "This will be a free Union Party with a live band. CSA is putting out a lot of money for this event," said Malone.

Friday, the last day of classes the Juniors have a reception for the Seniors and Faculty. During this time the Juniors present a slide show set to music reliving the Seniors' years at Clarke.

The Honor's Banquet is that same evening. There all the awards from the departments and for extracurricular items will be given out. "It's a neat banquet, everybody feels really good about everybody else and things in general," said Malone. "This is one event everybody should attend."

The evening ends with a performance done by the Seniors in TDH. The performance is a progression of skits and songs about their life at Clarke.

CALENDAR  
April 3, 1981  
Clarke College musical...  
perform in concert today...  
3-4 in the Music Hall...  
mission fee is \$1 or a Child...  
35 kegs and Mississippi...  
the Riverside Bowl on Apr. 4...  
charge is \$5 for all the...  
ge students Julia...  
and will perform in...  
Sunday, Apr. 4-5, in...  
lia, a vocalist, will sing...  
and Mary Jo, a pianist...  
m. Sunday.  
rs will open the softball...  
pr. 4 at Grinnell, at 1 p.m.  
and will be sponsored by...  
activities include: Greek...  
on; Softball, 1-5 p.m.;...  
a Toga Party in the...  
SIFIEDS-  
ver 17, up to \$800/m...  
ocation paid. Ph. (712)  
URIER  
ed College Pres...  
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giving, Christmas...  
and examination...  
Clarke College.  
Jill Hickey  
Marybeth Carroll  
Roger Holland  
Lucy Kennedy  
Darlene Long  
Sharon Green  
a Prijatelj Kucera  
rbogasi, Thomas  
n Gutzat, Ruth  
lene Long, Deborah  
eehan, Deborah  
Yvonne Yoerger  
Marybeth  
t, Darlene Long  
Liz Petty





## Crusaders lose opener

Last weekend's rain enabled the Clarke Crusaders to play their first softball game of the season, but they took up their bats again on Apr. 7 against the University of Dubuque Spartans.

The Crusaders edged the Spartans in the first game of the doubleheader with a score of 3-4. Clarke fell to the University of Dubuque in the second game, 15-5.

Clarke will take on Loras at home Saturday, Apr. 11 at 1 p.m.

## Students to plan 1981-82 schedules

Pre-registration is now in process. Students are to prepare a tentative schedule for the next semester and see their academic advisor before Friday, Apr. 24.

Pre-registration will take place in the library according to the scheduled posted in the hallways. It has been requested that students assemble on the stairs leading to the library leaving a passageway for faculty and/or emergencies.

If a student not pre-registering for the fall term he/she is to pick up their folder from their advisor and return it to the Registrar's office by Thursday, Apr. 23.

### DUBUQUELAND'S LUXURY THEATRES

**BARGAIN MATINEES**  
FRIDAY, SAT. & SUN.  
1:40 3:40 5:35 7:35 & 9:40  
WEEKDAYS 7:35 & 9:40

**STARTS FRIDAY**

#### AMERICAN POP

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sight and sound  
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Jim Morrison  
Janis Joplin  
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**BARGAIN MATINEES**  
FRI., SAT. & SUN.  
"AMY" 3:00 6:25 & 9:55  
"ALICE" 2:35 6:00 & 9:30  
WEEKDAYS

"ALICE" 7:50 "AMY" 9:05  
*They taught her to love.*



"ALICE IN WONDERLAND"

**BARGAIN MATINEES**  
FRIDAY, SAT. & SUN.  
1:55 4:30 7:10 & 9:40  
WEEKDAYS 7:10 & 9:40

In the heat of passion,  
two things can happen —  
the second is murder.



Jack  
Nicholson  
•  
Jessica  
Lange

**R**

**BARGAIN MATINEES**  
FRI., SAT. & SUN.  
1:35 4:15 7:00 & 9:35  
WEEKDAYS 7:00 & 9:35

**STARTS FRIDAY**



Forged by a god.  
Found by a King.

Foretold by a wizard.  
**EXCALIBUR**

**R**



April 10, 1981

page 3

# Teheran was 'home' for Richardi

By Melanie Richardi

I will always remember Iran not as a terrorist country but as a place where I spent part of my childhood. I will remember Iran as a country where I was made to feel at home.

When I was seven years old, and living in Arizona, my father, who was in the United States Army, received orders for Teheran, Iran. His new job would be working on the Military Mission. The mission was a program begun by the Shah in 1952 to train his army.

My family and I (mom, dad and older sister) arrived at the airport in Teheran at night. The temperature was about 40°. I was told that this was the average temperature for the winter months. The summer months reached the high of 90 to 100°.

Teheran is located in the desert and surrounded by mountains on the east and the west. Our house was located in the foothills of the Royal Palace. From our house we could see the palace and the palace grounds. I felt secure since Iranian military guards patrolled the palace and surrounding areas continuously dressed in military uniforms and carrying guns.

We had a car and a large house which put us in the upper class by Teheran standards. We also had a large built-in swimming pool surrounded by a rose garden and like the majority of homes in Teheran, our home had an eight-foot brick wall surrounding it.

Directly behind our wall in the backyard was a one-room mud hut with a dirt floor. This hut was a typical home for many of the lower class families. There was no glass on any of the windows, and a carpet hung inside the doorway to act as a door covering. There was no indoor plumbing or electricity inside the hut and its occupants used an oil heater during the colder months.

Many times we would look out of our windows and see a camel's head peering over the all since camel caravans were common. The men driving the caravans used the camels as a means of transporting goods. Donkeys were also used for transportation in our neighborhood and we would often have to yield to a herd of chickens, goats or sheep when traveling through the streets of Teheran.

Our food was sent over from the United States and purchased at the military CO-OP. Perishables could not be shipped over, so the government purchased them locally and resold them to us at the CO-OP. My mother had to soak the vegetables, fruits and eggs in Clorox to kill any possible germs.

There were a few modern grocery stores in Teheran used by the upper class, but the majority of the people shopped in the open markets called bazaars where the merchants could display their goods. Men would stand on the corners of the bazaars and cook unleavened bread on an open stove. The bread, along with rice and lamb, were the main

foods eaten by the Iranians.

My sister and I attended the Teheran American School which was similar to our school in Arizona except for the Iranian maids and janitors. The school playground was two blocks from the school, which meant we had to walk through a poor Iranian neighborhood to get there. The dirt streets were littered with old cans and chickens would run loose around the front of the one-room mud-huts.

Along with my American friends, I had several Iranian friends who lived in my neighborhood. Most of them had learned enough English from other Americans or in school so we were able to communicate sufficiently.

Although most of my memories of Iran are happy ones, I can't help but remember the suffering that the lower class was subjected to.

On our first full day in Teheran I learned that begging on the street corners was a way of life for many of the Iranian people. As my family and I were walking down the street outside the Embassy compound a young woman wearing a chador approached us carrying a naked baby. As she showed us the baby she stretched out her free arm gesturing for money. Despite the language barrier, I knew what this woman was asking for.

Still, I am grateful for my three-year experience in Iran. It was in Iran that I learned what it was like to live in another country and to meet and live with people of a different nationality. I have no hard feelings for the country of Iran or for the Iranian people.

Recently, when I saw newsclips on television or in the paper of the student militants in Teheran, I would search the crowd wondering if perhaps some of my friends from childhood were among them. I think of these friends often and wonder what has happened to them, and if they think about me.

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## THE COURIER

Member Associated College Press

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# Exercise quickens weight loss

By Lori Heissel

While wrapped in wool sweaters, surrounded by a heavy parka and buried under three feet of snow, you may have felt as if the temperature would never rise above zero again. However, as the recent hot spell has reminded us — summer is not too far away.

That's right. All those nights spent in front of the television curled up with a good book and a bowl of hot buttered popcorn have taken their toll on your body. Soon it will be time for skimpy T-shirts and tight shorts and you will want to hide because you are embarrassed to show your thunder thighs.

It is important to begin your diet and exercise program now because if you wait until school is out you will want to hurry your weight loss and will miss out on necessary meals and exercise. Wish as you may, the extra ten or fifteen pounds you accumulated over the winter won't simply melt away with the snow unless you work at it.

In addition to reshaping your figure, you may also want to concentrate on reconditioning your hair and skin.

Not only can winter cause you to gain weight but the cold and dry air can cause your skin and hair to become dry and damaged.

The best way to lose excess weight is to diet and exercise properly. According to the January 1981 issue of Glamour magazine, following a daily exercise routine and diet plan will help tone up muscles and turn excess fat into muscle.

This routine should consist of 10 to 15 minutes of calisthenics a day. A good routine to follow is:

- 15 sit ups
- 10 leg lifts (each leg)
- 10-15 arm curls
- 15 waist bends.

Following this routine will tone up legs, thighs and hips, areas which usually become flabby during winter because you are not as active during this time as you are in the summer.

Along with a daily exercise routine you should also include vigorous activity at least three times a week. Playing racquetball, swimming, jogging and jumping rope are just a few suggested activities to build endurance, tone up muscles and burn up calories.

By eating well-balanced meals at least twice a day, you will be sure to get the vitamins and proteins your body needs to fight off colds and flu, keep you active and help keep your skin and hair looking good. No matter how much exercising you do, if you continue eating cookies, pastries and pasta, you won't lose any weight. Remember, it isn't what you eat, it's how much.

Stay away from junk foods; these often add body weight and reduce energy levels. The reason is because most junk food consists of fats and carbohydrates, things you don't need if you are eating well-balanced meals. Too much of these will only harm you, not help you.

Although the sun is blamed in the summer for drying skin and hair, the wind and cold of winter also do their share of damage. To aid in reducing dry skin you should use plenty of lotion to replenish the moisture your body loses. Applying baby oil after a shower will keep moisture in your skin.

To keep your hair healthy and shiny you should use a conditioner after shampooing and avoid using blow dryers, electric curlers and curling irons as much as possible.

A good way to get psyched up about getting in shape is to get a friend to go on a diet with you. Not only will you give each other moral support but exercising will also be more enjoyable if there is someone there with you.

So put away your junk food, rid yourself of excuses for not exercising and begin your program today. Get in shape now and look your best for the summer months.

## Faculty member receives grant

Joan Lingen, BVM, Clarke College's art department chairman who is on leave of absence to finish her Ph.D. degree, has received a \$5,200 grant from the Samuel H. Kress Foundation to conduct research for her dissertation.

Lingen's grant, which is for the 1981-82 academic year, will be used for travel to cities in the southwestern United States, Central America and Panama to gather data for her dissertation titled "An Iconographic Study of Lower Central American Stone Sculptures."

Lingen, who is in graduate school at the University of New Mexico, is on leave of absence from Clarke until the fall of 1982.

## Toga Party



The Greek Day festivities included a Toga party in the Union last Saturday night. Sophomores Karen Manghera, Sue Stringer, Ann Rielly, and Martha Avelleyra model the latest in "toga-wear" for the Spring.



## Mercedes McCambridge



Mercedes McCambridge performed at Clarke to help raise money for new theatre seats. While she was at Clarke, McCambridge was involved in several press conferences as well as group discussions with students.

photos by Marybeth Carroll

## "Wings" takes unusual dimension

Clarke's Drama Department will present its final production for the 1980-81 academic year. The production entitled "WINGS" will be presented at 8 p.m. on Friday, Saturday and Sunday evenings in TDH.

"The show is just incredible," said Jamie Richardson, senior, who portrays Emily Stillson, the lead character in the play. Richardson considers this role a real challenge and stated, "I'm not really an actor; I'm a frustrated actor."

"WINGS" is about a woman who suffers a phasia (stroke) but the show is not just about strokes.

"Emily Stillson is a rare woman who has guts and courage," said director Karen Ryker. She was a pilot and a wing acrobat. Through her flying she could be free. A person without her courage and determination probably would have given up after a damaging stroke, said Ryker. Stillson had a vision. Whenever the struggle of reality gets too hard Stillson relies on the secluded part of her brain where memories of her flying days reappear and she becomes free from all of her struggles.

The show is unusual in the sense that the audience sees the show through Stillson's eyes. "The show takes the audience into her consciousness," said Ryker and added, "The audience gets involved in a very personal way."

The sound and light effects are essential aspects in successfully portraying the correct atmosphere. Ryker said, "Sound and lights are fussy actors and they take as much care as temperamental actors."

Fifty hours of mechanical work time was spent to produce the crucial first three minutes of the sound track. It is difficult to combine and work with non-human and human actors, said Ryker.

Working with the lights for this show is like one puppeteer controlling four puppets, said Ryker. The light crew has to act as a single unit and work with Richardson.

It takes astounding concentration to portray the role of Emily Stillson and with Rich-

ardson's musical sensitivity she portrays the role beautifully, said Ryker.

Junior Mary Rose Kitch, cast member, states, "The show makes you think about living and how much we have to be thankful for and don't realize."



Senior Jamie Richardson will portray Emily Stillson, a former stunt pilot who has suffered a crippling stroke in the Clarke production of WINGS this weekend in Terance Donoghue Hall.

photo by Lucy Kennedy



# as i see it

## Procrastination: hard to put off

By Deborah Arbogast  
Staff Writer

Beware — it's coming. It's reached epidemic proportions — conquering anyone who dares to ignore the warning signs. Right now it's coming for you. I know — I'm the latest victim. The disease? Apathy.

I have just changed my middle name to Indifference. (Last night I dreamt that I intentionally let my grades drop so low that the school had to expel me — and my parents couldn't do anything about it! Free at last — breaking the bonds of homework, freed from the looming visions of finals — wonderfully, delectably, fantastically free! But alas — I awoke to a morning cluttered with last week's overdue assignments.)

The warning signs, while subtle at first, soon are unmistakably clear. Do you find yourself day-dreaming in your once-favorite class? Do you fall asleep in the middle of your shower? Do you close your eyes and see yourself running through green meadows, beside rippling brooks, in a verdant valley between sculptured mountains? (OR, the opposite may also apply: in your dreams you may find yourself drowning in a homework sea, sinking in a leaky term-paper lifeboat, or paddling with an oar made of broken accounting pencils.)

Are you now content just to pass a class (as opposed to once-upon-a-time wishes for a 4.0 G.P.A.?) Does your laundry sit in your closet

until there's nothing clean left to wear, the clothes flow out into the room and under the bed, and your friends don't come to visit you any more because of the smell?

Has there been a steady increase in your phone bills because you'd rather call long distance than do your paper? Has your brain gone into overload? Has your "program has cancelled due to program request" because of a syntax error? Or does your mind simply repeat "Does not compute. Does not compute?"

If you are becoming an expert on how to avoid doing homework, then the disease is already in its advanced stage.

But how do you combat this malicious malady? First, tell your instructors that you need extra motivation — you're interested, but your ambition is faltering. Next, take lots of showers — they tend to perk one up. Then, get together to study with a group of your friends who are highly motivated. (If you

don't have any friends like that, don't ask me for help — I don't have any either).

It's essential that you only study with motivated, industrious students, or else all you'll accomplish is one heck of a slumber party. (Or, as a group of my friends did this evening, you'll end up running up and down the halls composing new verses to the song "I'm So Sick of School.")

And finally, if all else fails, you can call home and tell your parents you want to drop out. If your folks are anything like mine, what they have to say could keep you in school for the next eight years!

However, if you try and fight and struggle to conquer this enemy and still you fail, don't feel too terribly. Just come to the next meeting of our Apathetic Association of Pooped-Out Procrastinators Club.

P.S. The meeting has been postponed due to lack of interest.

## Circle K presented awards

Circle K brought back two awards from its 22nd annual Illinois-East Iowa District Circle K Convention. The convention was in Chicago Apr. 3-5, at the O'Hare Marriott.

Circle K participated in general session, workshops and competition while attending the convention. They placed second in the Scrapbook Competition. The club also received a patch, because Natalie Jankiewicz was recognized as a distinguished secretary.

The ten members who attended the convention included: Claudia Sadowski, Sue Fogel, Chris Hawes, Chinu Correa, Cathy Fraher, Chris Kohlmann, Linda Harper, Natalie Jankiewicz, Sharon Green and Becky O'Hare. The two advisors who attended were Sr. Regina Qualls and Mr. Larry Hanselman.

Also, two district level officers were elected during the convention: Chris Kohlman was elected district secretary, and Linda Harper was elected Lieutenant Governor to the North-West division.



The 13 x 13 musical troupe performed a home-show last weekend in Clarke's Music Hall. The troupe will be travelling to Chicago over Easter Break.

photo by Lucy Kennedy



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with Canadian Bacon.....3.05  
Combination (our most popular).....3.25  
(1/3 lb. pure beef — pre cooked weight)  
Open faced 6 oz. Sirloin Steak  
with Fries, Lettuce & Tomato.....4.10  
Bratwurst Patty with Sauerkraut.....2.75  
PORK TENDERLOIN \$2.75  
served with Lettuce, Mayonnaise & Tomato  
Huge Fish Sandwich.....3.25



*All Sandwiches served with  
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Breaded Cheddar Crisps	1.75	3.25

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Exp. 5/1

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Exp. 5/1



## COMMENT

## Professionalism builds Courier

With only one issue of the *Courier* yet to be published this year, I cannot resist the urge to reflect on the weeks that have passed and plan attempts to make the May 1 issue absolute perfect based on the mistakes we've learned from other issues.

In doing so, I am comfortable in saying we have little to improve upon. I can vouch for the changes we have made each week and feel we have always been moving in the same direction: forward.

This year at Clarke included many changes; from its physical make-up to its personnel and I am proud of the coverage we have been able to give these changes. I do not deny that we may have overlooked or been unable to thoroughly interpret some issues but I feel secure in knowing we have done our best.

By tradition, the *Courier* is a student learning tool. Yet, it is also a responsible journalistic publication which must comply to the laws of communication. Therefore, as the student editor of the *Courier*, I would not feel right in producing the paper only as something from which to learn.

The professional journalist in me reinforces my wishes to give the Clarke community professional, well-written, and well-researched news in each issue of the *Courier*.

I feel that we have maintained this philosophy with every issue we've produced this year and I am sure it will continue in the future.

I regret the times that we have conscientiously avoided an issue or the rehashing of an issue due to our restrictions as a student publication with a limited staff, but I do not feel I have to apologize for them.

I would hope that our readers have recognized the philosophy on which the *Courier* is based: professionalism. And it is in the name of professionalism that I feel better for having rejected some issues rather than present them in other than a professional manner.

It is my belief that this philosophy will be maintained in future issues of the *Courier* and I encourage readers to support it and the staff that will bring this professionalism to them, weekly.

The last day to receive a CSA loan will be April 26. All CSA loans must be repaid by May 1.

**The *Courier* will not be published again until May 1. The *Catalyst* will be published April 24.**

## CAUCUS

The *Courier* accepts letters to the editor from persons expressing significant viewpoints or opinions on pertinent issues.

The *Courier* reserves the right to edit letters according to space limitations. Letters containing libelous material will not be published.

Letters to the editor may be addressed to the *Courier*, Box 581 or delivered to the *Courier* office, Room 265 Rose O'Toole Hall.

## CALENDAR

The Clarke College Drama department will present the play "Wings" Friday through Sunday, at 8 p.m. in the Terrence Donaghy Hall. Admission is two CSA tickets.

Casino Nite will be held Saturday, Apr. 11. It is sponsored by the Dubuque Clarke Club and all proceeds will go to the Dubuque Area Student Scholarship Fund. Gambling will begin in the Union at 8 p.m. and auctioning will follow at 11 p.m.

John Bennett, inventor of the "Hand-Tastic tool" will speak at the University of Dubuque Friday, Apr. 10, at 8 p.m. in the UD Student Union.

Paul W. McCracken, an economic advisor to the President, will speak Monday, Apr. 13, at 8 p.m., when he presents a free, public lecture at Dubuque's Five Flags Theatre.

## IM Softball



Senior Mary Pat Rielly demonstrates that the wind obviously had more power than the batter during a recent intramural softball game. Rielly's team won 15-6.

photo by Lucy Kennedy

The Educational Policy Commission's recommendations to the Board of Trustees were approved April 10. These recommendations include policy changes for the year.

In a casual meeting Tom McCarver, Academic Vice President, took the lead to explain the questions about the Commission and Joan Lingen, Educational Policy Commission representative, were also present.

The single most important recommendation is that which allows students to take a major in a field of study. The department will place the current ledger (draw). During the 7th and faculty meeting of the middle grade level. All of this hurt thought behind reinventing so, it will help grade and will help

Another very important recommendation is the evaluation system, a credit; that letter grade passing) and "WF" place the current ledger (draw). During the 7th and faculty meeting of the middle grade level. All of this hurt thought behind reinventing so, it will help grade and will help



Tree-dition was